

## MICRODERMABRASION

### POST-PROCEDURE INSTRUCTIONS

Important: For up to a week after your treatments your skin is delicate and sensitive, so the treated areas may swell slightly or redden – particularly if you take a warm/hot shower, drink alcohol, go in a hot-tub or engage in vigorous exercise. If this happens, do not worry, this is actually an indication that the treatments are working and encouraging blood flow to the area. So, avoid alcoholic beverages or putting warm water on the treated area for 2 to 3 days. Should your skin react like this, mist the areas with cool water and the reaction should calm down in a short while.

If you experience scabbing (which can occasionally happen with later – more aggressive – treatments) apply antibiotic ointment (such as Bacitracin) to the area. Allow healing to occur naturally, without irritation.

Unless otherwise instructed to do so, discontinue using any Glycolic, Retin-A, AHA, BHA, products, and alcohol or astringent products on the treated area until two days after treatment.

Wait at least one day after treatment to shave. For the entire duration of your treatments (and for at least one month afterwards) you must avoid sun exposure and always wear at least 45 SPF total sun block.

Remember, if you are going to invest in these protocols and want to get the most out of your treatments then make sure you are on a coherent Homecare Regimen for your skin. If you have any questions or concerns, please don't hesitate to contact us at anytime.

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Patient's Name

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Signature